



Profiles in Wellness



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For the last 20 years, I have been battling Type II diabetes, high blood pressure and rising cholesterol. Three years ago, I injured a knee, exacerbating an arthritic condition. Shortly after this injury, I decided that I needed to do something to relieve the knee situation and my other health issues. I wanted to enjoy my family and life in ways that I wasn't able to.

At the age of 49, and nearly 340 pounds I decided upon bariatric surgery. During the preliminary process, however, I decided against the surgery.

About two years ago, my wife and I began to strive for a healthier life, eating healthier, more balanced meals. We also began walking one to two miles daily. In the winter, we snowshoe in the woods and state parks.

I experienced a weight loss of 95 pounds, a cholesterol level of 176, and significantly reduced blood sugars. Now 52 years old, my energy has increased and my life is fuller. I thank my wife for her love and support, and my family and coworkers for their encouragement.

My future is certainly brighter, and even though I still have long journey ahead of me, the road is clearer and more exciting!